

# MINISTRY OF FOOD

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## ARRANGEMENTS FOR GRANTING SPECIAL RATIONS AND PRIORITY ALLOWANCES TO INVALIDS AND PERSONS ON SPECIAL DIETS

Much as the Ministry of Food would like to allow extra foods to invalids on humanitarian grounds, it cannot do so in general while rationing continues. Extra foods can, therefore, with rare exceptions, only be provided when they are essential for the treatment of a particular illness.

The first part of this memorandum sets out the conditions for which the Ministry's medical advisers, the Food Rationing (Special Diets) Advisory Committee of the Medical Research Council, have made a general recommendation for additional allowances of rationed foods ; applications can only be considered if the conditions are fulfilled as requested. The Committee have, however, expressed their willingness to advise on applications on other grounds in exceptional circumstances, but such cases can only be considered if they are supported by a detailed medical statement giving full particulars of the case and the special reasons why the extra rations are requested. Such information is strictly confidential and will be forwarded to Headquarters for medical consideration.

The second part of the memorandum sets out the special allowances made to expectant mothers, mothers of babies under twelve months, infants and children, as agreed by the Standing Inter-departmental Committee on Medical and Nutritional Problems.

**NOTES :**

1. This document revises MED. 2 (Revised 1950) and similar schedules previously issued.
2. The general form of medical certificates (R.G.50) for use when applying for extra rations is applicable to most diseases and can be obtained from any local food office by or on behalf of any registered medical practitioner. For certain illnesses, however, a written statement from the doctor is required.
3. When certifying on R.G.50 certificates, the name of the disease from which the patient is suffering can usually be shown by the code number which appears against that disease in this memorandum. Any information given on these forms and statements will be regarded as confidential.
4. The name and address of the patient and the date must be entered at the time of signing.
5. Certificates for expectant mothers may be signed by a registered medical practitioner, certified midwife, or health visitor. The estimated date of confinement must be given. The certificate will be valid for a period of four months, renewable for a further period on presentation of another certificate.
6. The Advisory Committee have expressed the opinion that cream is not necessary for the treatment of any complaint, and no applications can be considered ; nor will additional supplies of meat be granted for the purpose of making beef tea.
7. The allowances shown in the first part of the following table in all cases include the non-priority allowance. They are maximum allowances and smaller amounts can be prescribed.
8. The Committee has advised the Ministry that a patient suffering from several diseases each of which qualifies him for extra rations should receive the maximum allowance of each foodstuff for any disease, but should not receive a double allowance of any one foodstuff on account of two diseases. The same considerations apply to a pregnant woman who also suffers from a disease qualifying for extra rations.
9. The information given in the following table may vary from time to time. Notification of changes will appear in the medical press.
10. Copies of this document may be obtained by registered medical practitioners on application to local food offices.



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PART I. CONDITIONS QUALIFYING INVALIDS AND PERSONS ON SPECIAL DIETS FOR ADDITIONAL SUPPLIES  
OF RATIONED AND CONTROLLED FOODS

Conditions	Allowance		Certification required	Period of Validity
	Code	Foods		
Actinomycosis (see tuberculosis)				
Allergy to :— (a) Margarine	Butter	Whole of butter/margarine ration in form of butter	A detailed medical statement giving the reasons why the applicant is unable to tolerate margarine and whether the applicant is prepared to undergo a comprehensive test. The medical advisers will arrange for a test to be made.	One year; renewable without further test on application by the doctor.
(b) Liver extracts (see pernicious anaemia)				
Children incapable of attending school (see Part 2)				
Cirrhosis of the liver (see chronic hepatitis)				
Coeliac disease (see steatorrhoea)				
Congestive cardiac failure ; cases on a low salt diet		Meat (Bacon and cheese rations cancelled) Salt-free margarine in place of butter.	2 rations	R.G.50
				6 months ; renewable on an R.G.50.

Conditions	Allowance		Maximum Allowance (per week)	Certification required	Period of Validity
	Code	Foods			
Diabetes mellitus	II(E)	Meat Butter Margarine Cheese (Sugar ration cancelled)	3 rations 3 rations 2 rations 12 ozs.	R.G.50.	One year ; renewable on application without further medical certification.
Diabetes mellitus (vegetarian)	II(E)	Butter Margarine Cheese  (Sugar, meat and bacon cancelled)	3 rations 3 rations 24 ozs.	R.G.50.	One year ; renewable on application without further medical certification.
Diabetic ketosis		Sugar	3 rations in exchange for diabetic fat ration	A medical statement that this is necessary for an emergency.	For one week.
Dysphagia (see swallowing)					
Gastrostomy	II	Butter/margarine/ cooking fat	2 rations	R.G.50.	3 months ; renewable on an R.G.50.
Hepatitis, acute infective hepatitis, (catarrhal jaundice) toxic jaundice	A.H.	Meat	4 rations	R.G.50.	One month ; renewable on an R.G.50 for a maximum period of four months.
Hepatitis chronic (cirrhosis of the liver)	C.H.	Meat	4 rations	R.G.50.	3 months ; renewable on an R.G.50.
Hypertension ; cases on a Kempner rice diet		Sugar  (Fats, cheese, and bacon cancelled)	4 rations		As requested by doctor.

Conditions	Allowance Code	Allowance Foods	Maximum Allowance (per week)	Certification required	Period of Validity
Hypoglycaemia spontaneous	Sugar or Diabetic rations whichever is prescribed by doctor.	3 rations or as for diabetic patients.		A detailed medical statement giving (a) the patient's symptoms and (b) the results of the blood sugar estimation (giving the time of the estimation in relation to the previous meal), and any other test carried out to establish the diagnosis.	6 months ; renewable on an R.G. 50.
Hypoproteinaemia	Meat	5 rations		A detailed medical statement giving figures for patient's plasma protein.	6 months ; renewable on a fresh certificate.
Miscarriage, stillbirth or neonatal death	In the event of a miscarriage, stillbirth or death of a child before registration of birth, the mother will be allowed to continue her allowances on the R.B.7 ration book for a period of four weeks after the miscarriage or the birth of the child.			None	
Nephritis— Cases with gross oedema and albuminuria (nephrosis)	Meat	5 rations		A medical statement confirming the gross oedema and albuminuria.	6 months ; renewable on an R.G. 50.
Pernicious anaemia. Only cases which show anaphylactic reactions to parenteral injections of liver extract.	Liver	Equivalent of 2 meat rations		A detailed medical statement why patient cannot be treated by parenteral injections of suitable liver extract.	6 months ; renewable on an R.G. 50.
Sensitivity to foods (see allergy)					
Sprue (see steatorrhoea)					

Conditions	Code	Allowance Foods	Maximum Allowance (per week)	Certification required	Period of Validity
Steatorrhoea (including celiac disease and tropical sprue)		Meat Half Cream National Dried Milk (for Patients who are Welfare Foods beneficiaries—See page 8)  (Margarine/cooking fat coupons will be cancelled)	6 rations 1 tin (20 ozs. equivalent to 7 pints)	A detailed medical statement giving the evidence for the diagnosis including results of the stool analysis or fat absorption test and stating which foods are required.  ditto	3 months ; renewable on an R.G. 50.
Steatorrhoea convalescent		Meat Half Cream National Dried Milk (for Patients who are Welfare Foods beneficiaries—See page 8)  (Margarine/cooking fat coupons will not be cancelled)	3 rations 1 tin		3 months ; renewable on an R.G. 50.
For patients treated by a wheat or gluten free diet		Meat Butter Margarine Cooking fat Half Cream National Dried Milk (for Patients who are Welfare Foods beneficiaries—See page 8)	2 rations 2 rations 2 rations 2 rations 1 tin	A detailed medical statement giving the evidence for the diagnosis including results of the stool analysis or fat absorption test and stating which foods are required. The medical certificate should state that the patient is on a gluten free diet.	3 months ; renewable on an R.G. 50.
Stillbirths (see Miscarriage)					

Conditions	Allowance		Certification required	Period of Validity	
	Code	Foods			
Swallowing : Affection of the mouth, throat or gullet, or organic nervous disorder causing interference with swallowing	I(C)	Sugar Butter/margarine/ cooking fat	2 rations 2 rations	R.G. 50.	3 months ; renewable on an R.G. 50.
Tuberculosis, active or actinomycosis	I(A)	Butter	2 rations	R.G. 50.	6 months ; renewable on an R.G. 50.

NOTE :—The ordinary butter ration may always be exchanged for an equivalent weight of margarine. Extra butter rations may be taken as an equivalent number of margarine rations.

**PART 2.**  
**ALLOWANCES TO EXPECTANT MOTHERS AND MOTHERS AFTER CHILDBIRTH**

Beneficiary	Foods	Quantity (expressed in weeks and allocations)	Certification required	Period of Validity
Expectant mother $\varnothing$	Normal adult's rations plus: Milk Meat	7 pints at reduced price ½ adult ration	R.G. 50 or certificate of pregnancy signed by a registered medical practitioner, certified mid-wife or health visitor.	Initially for 4 months and renewable for a further period.
Vegetarian expectant mother	Special foods:— Orange juice Vitamin A and D tablets or cod liver oil	1 bottle (6 ounces) every 9 days 1 packet (45 tablets) or 1 bottle (6 ounces) every 6 weeks.	As for expectant mother except that a further special cheese ration in place of meat is allowed on the expectant mother's ration book R.B.7.	
Mother after normal child-birth.	Normal adult's rations plus infant's rations plus Vitamin A and D tablets	1 packet (45 tablets) every 6 weeks		Up to 30 weeks after confinement.
Mother after miscarriage, still-birth, or neo-natal death.	Normal adult's rations and other allowances (see P. 4) Vitamin A and D tablets.	1 packet (45 tablets) every 6 weeks.		Up to 30 weeks after still-birth or neo-natal death.

The rations stated for the expectant mother and the mother after child-birth are additional to the rations which are obtainable as usual on her ration book R.B.1 (buff). The milk at reduced price, meat and the orange juice and cod liver oil (or vitamin A and D tablets for expectant mothers) are available on the expectant mother's ration book R.B.7 (grey) and the child's ration book R.B.2 (green).

$\varnothing$  See Note on page 8.

**ALLOWANCES TO INFANTS AND CHILDREN  
(1) TOTAL WEEKLY ALLOWANCES OF MILK UNDER THE WELFARE FOODS SERVICE**

Infants	Age	Quantity
(a) Fed on liquid milk <sup>ø</sup>	0-5 years	7 pints of liquid milk at reduced price.
(b) Fed on National Dried Milk *	0-4 weeks	20 ounces National Dried Milk equivalent to 7 pints
	5-16 "	30 " "
	17-34 "	40 " "
	35-44 "	30 " "
	45-52 "	25 " "
	1-2 years	20 " " 7 "

\*Further supplies of National Dried Milk, at full price, may be obtained as follows :

- (a) for infants under one year on presentation of a certificate of a medical practitioner or officer of a welfare centre.
- (b) for infants aged one-two years on production of a medical certificate, provided the application is supported by the Ministry's Medical Advisers.

**(2) OTHER ALLOWANCES TO NORMAL INFANTS, CHILDREN AND ADOLESCENTS**

	Meat	Bacon	Cheese	Fats	Sugar	Cod liver oil 6-ounce bottles (per 6 weeks)	Orange juice 6-ounce bottles (per 2 weeks)
Infants 0-6 months	.....	adult	ration	.....	.....	1 bottle	½ bottle
6-12 months	.....	adult	ration	.....	.....	1 bottle	1 bottle
Children 1-2 years	.....	adult	ration	.....	.....	1 bottle	1 bottle
2-5 "	.....	adult	ration	.....	.....	1 bottle	1 bottle
Over 5 years	.....	adult	ration	.....	.....	nil	nil

**(3) CHILDREN WHO DO NOT ATTEND SCHOOL, ETC.**

Children between the ages of two and five years, who are certified by an Education Officer or Mental Deficiency Act authority as being generally incapable of attending school, institution or occupation centre may obtain seven pints of liquid milk a week at a reduced price. Application should be made to the Food Office. No medical certificate is required. ø

ø NOTE :—When there is medical evidence to show that an expectant mother, a child between the ages of two and five years or a registered handicapped child requires a supply of dried milk, National Dried Milk at the rate of one tin a week at a reduced price may be allowed in place of cheap or free liquid milk (and further supplies at the full price if necessary) provided the application is supported by the Ministry's Medical Advisers.

**RATIONING AND WELFARE FOODS DIVISION,  
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